

Saginaw Bay Fish

Protect your family's health – Before you cook, take a second look!



Women of childbearing age, and children under 15 years old:

- **Do not eat** catfish, carp, lake trout, white bass, or smallmouth bass
- **Do not eat** these fish if they are longer than 18 inches: brown trout, walleye, or whitefish
- **Do not eat** internal organs from fish

You can do one of the following:

Eat 1 meal per week of yellow perch or burbot,

OR

Eat 1 meal per week of whitefish shorter than 18 inches

OR

Eat 1 meal per month of chinook salmon, coho salmon, rainbow trout, or steelhead

OR

Eat 1 meal per month of walleye or brown trout, shorter than 18 inches

OR

Eat 1 meal per month of other types of fish from the Bay not covered by the above advice.

Everyone else:

- **Do not eat** catfish, carp, or white bass
- **Do not eat** Lake trout longer than 26 inches, or whitefish longer than 22 inches
- **Do not eat** internal organs from fish
- **Eat** as much as you want of yellow perch, coho & chinook salmon, rainbow trout, steelhead, and burbot
- **Eat** as much as you want of these fish under 18 inches: brown trout, walleye, OR whitefish

Or you can do one of the following:

Eat 1 meal per week of smallmouth bass

OR

Eat 1 meal per week of:

- Lake trout shorter than 26 inches, or
- Whitefish that are 18 to 22 inches, or
- Brown trout longer than 18 inches, or
- Walleye longer than 18 inches

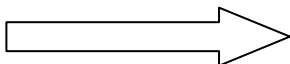
OR

Eat 1 meal per week of other types of fish from the Bay not covered by the above advice.



Trim the fat off the fish to remove some of the chemicals. Cook the fish so that the fat can drain away (like on a grill or rack).

For more information, contact:



Michigan Department of
Community Health, at:
800-648-6942



Saginaw County
Department of Public
Health, at:
989-758-3800



BAY COUNTY
Health Department

989-895-4009